

**ABSTRACT**

An ink-jet image forming method comprising: jetting ultraviolet ray-curable ink from an ink-jet head onto a recording substrate while conveying the recording substrate; and exposing the jetted ink on the recording substrate to ultraviolet rays irradiated by an ultraviolet ray-emitting light source, wherein in the exposing step, a surface temperature of the ultraviolet ray-emitting light source is not more than 60 °C.